

**Statistics Report 01202, Milk, chocolate, fluid, commercial, reduced fat, with added calcium**

**Report Date: July 11, 2017 14:34 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	82.17	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Energy	kcal	78	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
Energy	kJ	325	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
Protein <a href="#">1</a>	g	2.99	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Total lipid (fat) <a href="#">1</a>	g	1.90	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Ash <a href="#">1</a>	g	0.81	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	12.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
Fiber, total dietary <a href="#">1</a>	g	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Sugars, total	g	9.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Sucrose <a href="#">1</a>	g	4.79	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <a href="#">1</a>	g	0.53	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fructose <a href="#">1</a>	g	0.41	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lactose <a href="#">1</a>	g	3.83	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Maltose <a href="#">1</a>	g	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Starch <a href="#">1</a>	g	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Minerals													
Calcium, Ca <a href="#">1</a>	mg	194	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Iron, Fe <a href="#">1</a>	mg	0.24	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Magnesium, Mg <a href="#">1</a>	mg	14	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Phosphorus, P <a href="#">1</a>	mg	76	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Potassium, K <a href="#">1</a>	mg	123	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

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Sodium, Na <a href="#">1</a>	mg	66	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Zinc, Zn <a href="#">1</a>	mg	0.39	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Copper, Cu <a href="#">1</a>	mg	0.075	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Manganese, Mn <a href="#">1</a>	mg	0.062	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Selenium, Se <a href="#">1</a>	µg	3.4	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamins													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Thiamin <a href="#">1</a>	mg	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Riboflavin <a href="#">1</a>	mg	0.565	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Niacin <a href="#">1</a>	mg	0.164	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Pantothenic acid <a href="#">1</a>	mg	0.539	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">1</a>	mg	0.024	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folate, total <a href="#">1</a>	µg	2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Folate, food	µg	2	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Vitamin B-12 <a href="#">1</a>	µg	0.33	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Vitamin A, RAE	µg	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Retinol <a href="#">1</a>	µg	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Carotene, beta <a href="#">1</a>	µg	11	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carotene, alpha <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin A, IU	IU	227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lycopene <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.04	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Tocopherol, beta <a href="#">1</a>	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocopherol, gamma <a href="#">1</a>	mg	0.02	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocopherol, delta <a href="#">1</a>	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
<b>Lipids</b>													
Fatty acids, total saturated	g	1.177	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005

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4:0	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
6:0	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
8:0 <a href="#">1</a>	g	0.020	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
10:0 <a href="#">1</a>	g	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
12:0 <a href="#">1</a>	g	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
14:0 <a href="#">1</a>	g	0.170	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
15:0 <a href="#">1</a>	g	0.015	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
16:0 <a href="#">1</a>	g	0.515	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
17:0 <a href="#">1</a>	g	0.009	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:0 <a href="#">1</a>	g	0.270	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
22:0 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
24:0 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total monounsaturated	g	0.455	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
14:1 <a href="#">1</a>	g	0.005	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
15:1 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
16:1 undifferentiated <a href="#">1</a>	g	0.020	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
17:1 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:1 undifferentiated <a href="#">1</a>	g	0.430	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:1 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total polyunsaturated	g	0.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
18:2 undifferentiated <a href="#">1</a>	g	0.080	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:4 <a href="#">1</a>	g	0.009	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:2 n-6 c,c <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:3 undifferentiated <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:4 undifferentiated <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005



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22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Cholesterol <a href="#">1</a>	mg	8	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Stigmasterol <a href="#">1</a>	mg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Campesterol <a href="#">1</a>	mg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Beta-sitosterol <a href="#">1</a>	mg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Amino Acids													
Tryptophan <a href="#">1</a>	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Threonine <a href="#">1</a>	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Isoleucine <a href="#">1</a>	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Leucine <a href="#">1</a>	g	0.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine <a href="#">1</a>	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Methionine <a href="#">1</a>	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cystine <a href="#">1</a>	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Phenylalanine <a href="#">1</a>	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tyrosine <a href="#">1</a>	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Valine <a href="#">1</a>	g	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Arginine <a href="#">1</a>	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Histidine <a href="#">1</a>	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Alanine <a href="#">1</a>	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Aspartic acid <a href="#">1</a>	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid <a href="#">1</a>	g	0.645	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glycine <a href="#">1</a>	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Proline <a href="#">1</a>	g	0.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Serine <a href="#">1</a>	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Caffeine <a href="#">1</a>	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Theobromine <a href="#">1</a>	mg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6I, 2002 Beltsville MD